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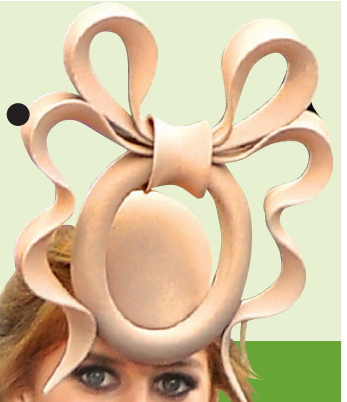
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**CROSSING THE
FINISH LINE
BLUE NOSE MARATHON
HITS RECORD** {page 4, 24}



**GOING...
HATS OFF TO
THE HIGHEST
BIDDER** {page 17}



News worth sharing.

HALIFAX

metro®

Tuesday, May 24, 2011
www.metronews.ca



Stabbing death in Dartmouth

► HRM's homicide count just two behind all of last year ► Latest victim hasn't been identified by police pending notification of family members ► An autopsy was to take place yesterday



**JENNIFER
TAPLIN**
@METRONEWS.CA

HRM's ninth homicide victim of the year is a 37-year-old man.

At around 11:15 p.m. on Sunday night, a man called police and reported his friend was stabbed inside an apartment at 65 Primrose St. in Dartmouth.

He was rushed to the hospital but died there at around 1 a.m. yesterday.

"It is believed a man known to the victim attended the apartment where an argument ensued, which led to the stabbing," said Theresa Rath, spokeswoman for Halifax Regional Police.

"We do have several leads so at this time we're not releasing a suspect description, but we're asking anyone who may have heard or seen anything out of the ordinary to call police or Crime Stoppers."

But Rath said the victim was



known to police.

"We do believe the people involved in this incident are involved in the drug trade," she said.

"We can't say for sure the stabbing is drug related, but we're certainly exploring that it's an underlying issue."

When asked if a knife was recovered, Rath said only a "number of exhibits" were seized from the apartment.

Dave Crocker lives down the street and his elderly mother lives in the apartment building where the victim was stabbed.

Crocker said 65 Primrose St. (Majestic Manor) is fairly quiet, but the building across the street — Hampton Court — sees police activity nearly every day.

"Every time you turn around, somebody's getting stabbed or shot," he said.

While talking to Metro yesterday, Crocker pointed just down the road where he said a man was recently beaten with a bat.

And the municipality's eighth homicide victim of 2011, Angela Hall, was found with serious injuries in an apartment building a block away, at 44 Primrose St., earlier this month.

Body. Art



► Glen Decker from Corner Brook, N.L., tattoos a tree frog on Justin O'Reilly's leg at the fifth annual Maritime Tattoo Festival at the Halifax Forum yesterday. Story, page 2.

RYAN TAPLIN/METRO

That's going to leave a mark



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1
news

Health experts offer ways to break the habit of unhealthy late-night snacking. Scan the code for the story.

- 1 Download the free ScanLife app with your smartphone at 2dscan.com
- 2 Use your smartphone to scan 2D barcodes in Metro
- 3 The codes will direct your mobile browser to m.metronews.ca

On the web at metronews.ca

The burden of Canada's shortfall on UN commitment to accommodate the mentally disabled weighs heavily on parents. Video at metronews.ca



Follow us on Twitter @metrohalifax

► Thousands attend popular event over Victoria Day weekend ► Diverse events, from harbour cruises to mud wrestling — and all things tattoos
► Maritime festival has 'mellow' reputation: Vendor



► Jennifer Stewart from Hamilton, Ont., tattoos a swallow on Courtney Carter's back at the fifth annual Maritime Tattoo Festival yesterday in Halifax.

RYAN TAPLIN/METRO

Woman fights off attacker

A young woman narrowly escaped an attack early Sunday morning.

The 21-year-old left a party at around 2 a.m. and was walking alone down Agricola Street when she was approached by a man who walked with her and engaged her in conversation, said Theresa Rath, Halifax Regional Police spokeswoman.

They walked south on Agricola, then south on North Park Street to Ahern Avenue across from Citadel High School.

"At that point the suspect tried to coax the victim to go up Citadel Hill with him. She declined but the suspect ended up grabbing her and attempted to sexually assault her."

The man allegedly grabbed the woman by her hair and pulled her up the hill. They were part way up the hill when he knocked her to the ground and attempted to sexually assault her.

But the woman fought him and escaped. The suspect ran off.

"It's believed to be a random incident and she did not know this person," said Rath.

● JENNIFER TAPLIN

Crime Stoppers

Anyone with information is asked to contact police or Crime Stoppers.

It's kids' play for some at tattoo festival



ALEX BOULIER
@METRONEWS.CA

It's kind of like the strangest home show you've ever been to meets the best party you were never invited to.

Ink aficionados packed into the multi-purpose room at the Halifax Forum yesterday for the final day of the three-day Maritime Tattoo Festival.

The festival, now in its fifth year, welcomed more than 2,500 people over three days, according to organizer Amber Thorpe. And those people may not

Vendors

► This year's festival brought in vendors from across Canada and the United States, with products ranging from piercing and tattoo equipment to replica swords and semi-automatic air soft guns.

fit most preconceptions about the tattoo community, with almost as many toddlers browsing the displays with their parents as burly, bearded dudes.

"Everyone I know has a tattoo, and they have kids," said Thorpe, owner of Adept Tattoos.

"A 12-year-old stapled a five dollar bill to our sideshow (performer's)

stomach yesterday ... There is an adult element, but we definitely have families come through all the time."

Vendors came from as far away as Iowa to hock their various wares, and even on the final day the room was alive with the buzzing of needles.

"There's a lot of people that want to collect tat-

toos, so if you can't travel to collect them, these (festivals) are a great opportunity to get tattooed by somebody who's not from your immediate area," said Yolanda, a Hamilton-based tattoo artist.

It was the first time Yolanda's company, Cottage 13, made the trip to Halifax. She has been to festivals in other Canadian cities, but in true Maritime fashion, this one has a more laid-back reputation.

"It's been kind of mellow, but fun," she said, over shouts from the mud-wrestling competition at the back of the room.

Man loses backpack to robber

Police say a man brandishing a handgun robbed a 21-year-old male walking on Robie Street early yesterday morning.

Halifax Regional Police say the victim was walking on Robie near Spring Garden Road around 12:30 a.m. when someone pointed a gun at him and demanded his backpack.

The victim complied, but not before pushing the suspect's handgun away, police say.

The suspect then fled with the backpack and couldn't be located.

● METRO

Park. Band



► Members of the Maritime Brass Project perform for a crowd of about 100 people at the Public Gardens last night as part of a public celebration of the restoration of the Victoria Jubilee Bandstand.

PHILIP CROUCHER/METRO

Celebrating a historic bandstand

The bandstand underwent needed restoration work over the past year, which was completed in time for the opening of a new season for the Gardens last month.

Report advises parking ban ease

► Changes to Motor Vehicle Act need to be 'carefully considered': Report ► Recommendation to transportation committee involves shaving off an hour from ban



ALEX BOUTILIER
@METRONEWS.CA

The controversial winter parking ban will once again rear its head at city hall this week.

The municipality's transportation committee will consider a staff report on Thursday that offers a slight concession — limiting the ban from 1 a.m. to 6 a.m. rather than 1 a.m. to 7 a.m.

The report also indicates staff are prepared to attempt a trial period where the ban only applies during declared snow and ice events — but notes the consequences of such a trial are on council's shoulders.

"I don't think it goes far enough," Mayor Peter Kelly said yesterday. "I think



► Mayor Peter Kelly

there needs to be flexibility into this ban that, of course, if there's no snow, logic should apply."

The municipality's traffic authority, headed by Ken Reashor, has authority to institute the ban under the provincial Motor Vehi-

cle Act. Earlier this year, Transportation Minister Bill Estabrooks said he would consider implementing legislative changes to address residents' concerns.

But as of yesterday, Estabrooks said he has had little indication as to how the municipality wants his department to proceed.

"I'm just waiting for the knock on the door to say, 'Can you move this along for us?'" said Estabrooks.

But the report notes that any proposed changes will affect every municipality in the province, and should be "carefully considered."

"Changes to the MVA are done on a regular basis, but the division of powers between local authority and the traffic authority are not," reads the report.

Scandal report may come out today

The anticipated auditor general's report into the cash advance scandal at city hall could be released this week.

In March, auditor general Larry Munroe said there would be "significant changes" as a result of his report into the municipality handing cash advances to concert pro-

moters.

Coun. Gloria McCluskey, chair of the audit and finance committee, said it's not certain, but the report could be coming to council during the meeting today.

"Whatever his report is we'll deal with it," she said.

McCluskey previously made the motion that the report go directly to council instead of to the committee first.

● JENNIFER TAPLIN

Curbside plastic to be considered

Halifax regional council is scheduled to consider whether the municipality should increase the types of plastic covered by the curbside recycling services today.

A staff report coming before council this afternoon recommends including four more types of plastics for municipal collection and processing.

Currently, HRM's blue

bag program covers two types of plastic bottles and containers, plastic bags, glass containers, cans, foil plates, milk containers and bottles.

The report recommends including non-food containers such as dish detergent bottles, yogurt or margarine tubs, coffee cup lids and plastic cutlery, and other types of plastic bottles and con-

tainers.

The additional sorting would cost the municipality approximately \$89,000 per year. But \$30,000 is anticipated to be recouped through exporting some plastics overseas, where they will be recycled into pellets.

The new material is used in the production of drain pipes and flower pots. ● ALEX BOUTILIER

Cops concerned about man who fled hospital

Police say a search is underway for a 22-year-old man who ran away from the Nova Scotia Hospital in Dartmouth.

Andrew Forest of Lower Sackville was last seen near Pleasant Street in Dartmouth and police say they're concerned for his safety.

THE CANADIAN PRESS

Join your community in the fight against cancer.

Every year, friends, family and colleagues across Nova Scotia come together at the Canadian Cancer Society *Relay For Life* to celebrate cancer survivors, remember lost loved ones and fight back against cancer. We need you to join the fight too!

Register for your local *Relay For Life* at cancer.ca/relay

There are 22 *Relay For Life* events taking place across Nova Scotia in June. Your local HRM events are:

HALIFAX, JUNE 3
Halifax Commons

THE BAY (TANTALLON), JUNE 4
Sir John A MacDonald High School

EAST HANTS, JUNE 10
Enfield/Elmsdale District Lions Club

SACKVILLE, JUNE 10
Metropolitan Field

EASTERN SHORE, JUNE 17
Eastern Shore Community Centre, Musquodoboit Harbour

DARTMOUTH, JUNE 24
CFB Shearwater



celebrate remember fight back

RYAN TAPLIN/METRO



▶ Janna Cleary and Joanna Cooze embrace after completing the half-marathon on Sunday.

Blue Nose run 'the best one yet'

▶ Two-day event drew more than 7,200 runners Sunday and more than 3,000 to youth race Saturday



MATTHEW WUEST
@METRONEWS.CA

Another year, another record.

The Scotiabank Blue Nose Marathon continues to attract more and more runners, with a record 10,396 taking part in Sunday's eighth annual event. It's the first time the marathon has hit double digits, and attendance was up by almost 1,000 people from last year's 9,428.

"There was a lot of enthusiasm," said Blue Nose co-founder Gerry Walsh. "It still continues to appeal to people of all ages, shapes,

Success story

For more coverage, see page 24.

- ▶ Greg Wiczorek of Halifax won the Blue Nose Marathon for a second straight year on Sunday.
- ▶ The women's winner was Mylene Sansoucy of Halifax.

sizes and abilities. The weather was great and we're very happy with the way things went."

The only glitch might have been that three elite runners on the men's side took a wrong turn at May-

nard and North and ended up taking a longer route. But unlike the 2008 Blue Nose, in which hundreds ended up off course, it was "definitely an isolated incident," Walsh said.

"We've had no issues, no questions from any of the other races, nor from any other runners."

There are always some "operational bugs," he said, and those will be examined in the annual review of the event.

But taking into account the entire weekend, including the fitness expo and the post-race party, Walsh said it was "probably the best one yet."

Hortons gets heave-ho

Visitors, patients and staff at several Halifax hospitals could be craving their Timmy's fix soon.

Capital District Health Authority says Tim Hortons doughnuts and muffins that don't meet its healthy food guidelines will no longer be served at its hospitals, beginning in October.

Spokesman John Gillis

says the guidelines refer to the amount of saturated fat and sodium found in foods, and none of the doughnuts sold at the four Tim Hortons franchises inside the authority's hospitals meet those guidelines. Only four types of low-fat muffins meet the guidelines.

Gillis couldn't say if the hospital franchises will

Half-baked?

- ▶ Capital District Health says it was the first health-care organization in Canada to bring Tim Hortons franchises into a hospital.

close as a result of the new restrictions.

THE CANADIAN PRESS

Zinck pleads not guilty

RYAN TAPLIN/METRO



A Nova Scotia MLA has pleaded not guilty to three charges stemming from an expense-account scandal that has rocked the political establishment in the province.

Trevor Zinck, the independent member for Dartmouth North, faces one count each of theft over \$5,000, fraud over \$5,000 and breach of trust.

Zinck pleaded not guilty to those charges Friday and has elected to be tried by Supreme Court judge

alone.

A second charge of theft against Zinck, who did not appear during the brief proceeding in provincial court in Halifax, was dropped.

Zinck's case is scheduled to return to court June 21, when a date will be set for a preliminary hearing.

THE CANADIAN PRESS

Rubber Duck robbers grab wallet

Two men wearing masks robbed a man of his wallet at the Rubber Duck Car Wash in Lower Sackville yesterday. Halifax RCMP say the men threatened to pepper spray the driver while demanding his money just after 2 p.m. at the Sackville Drive location. The robbers then fled in a vehicle, with police continuing their investigation. There have been no arrests. ● METRO

House party erupts into standoff

Three people were arrested Saturday after a police struggle with partygoers turned into a standoff. RCMP say they arrived at a Walker Avenue apartment at about 3 a.m. after receiving complaints about noise. Officers allege they were threatened by a man with a golf club and another with a bat, and one man pointed what appeared to be a firearm at police. THE CANADIAN PRESS

Man shoots himself fleeing police

Halifax Regional Police say a man shot himself while running from officers Saturday after they pulled him over in a car. Sgt. Nancy Rudback says the man managed to elude police, even after a tracking dog was called. However, police believe the same 27-year-old man was treated Saturday at Dartmouth General Hospital for a firearm wound to his abdomen. THE CANADIAN PRESS

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Treating teen sex offenders



JESSICA SMITH
@METRONews.CA

An expert in the treatment of sexual disorders says sex crimes involving adolescent offenders are coming to the courts more often – but the prospects for rehabilitating the young teens is high.

Dr. Paul Fedoroff said although he couldn't comment specifically on the case of a 14-year-old boy who is accused of luring an eight-year-old girl and an 11-year-old girl into Ottawa woods, in cases where sex offenders are teenagers, "they have a very good prognosis once they've been apprehended."

"Activities at that age may not persist and most sex offenders who are adolescents never re-offend," he said.

When teens are treated, experts are often addressing the other problems in their life, he said, such as drug or alcohol abuse. For the experts dealing with the Ottawa case, the age of

Teen Luring Case

Working off tips from the public, police arrested a 14-year-old boy who allegedly tried to lure young girls into woods near an Ottawa housing project.

Police say in one case, the boy allegedly drew an 11-year-old girl away from Bellevue Manor Park and sexually assaulted her.

The suspect cannot be named due to provisions of the Youth Criminal Justice Act.

the victims might not be the main "red flag," he said.

"I think that most experts when looking at this case would be concerned most by the luring part – regardless of the age difference – or the possibility that there was an attempt to engage in non-consensual activity, that is the main red flag," he said.

U.K. gag order fails

A British injunction banning publication of an alleged affair between soccer star Ryan Giggs and a reality TV star has proven futile. An onslaught of media and Twitter coverage mocks Giggs for the gag order he initially requested.

THE ASSOCIATED PRESS

Webcam spy case starts

A 19-year-old New Jersey man accused of using a webcam to spy on his roommate's same-sex encounter pleaded not guilty yesterday. Dharun Ravi faces 15 charges. His former roommate killed himself.

THE ASSOCIATED PRESS

Harper will meet, but he won't tweet

► Politicians, including former Liberal leader Michael Ignatieff and NDP Leader Jack Layton, used Twitter to spar with one another in last election

JACQUES BRINON/THE ASSOCIATED PRESS



► Oxfam international activists pose as U.S. President Barack Obama, left, and France's President Nicolas Sarkozy, wearing giant caricature masks at a poker table in a gambling club in Paris yesterday.

Prime Minister Stephen Harper will follow seven other world leaders to the French seaside this week for the G8 summit.

But he doesn't follow them on Twitter.

Seven of the eight G8 leaders have a presence on the microblogging site, either through accounts in their name, that of their office or a spokesman, or in some cases all three.

Italian Prime Minister Silvio Berlusconi is absent from the site.

Harper doesn't follow any of the accounts for the British, Japanese or French prime ministers or the German chancellor, according to analysis performed using the website doesfollow.com.

Nor does he follow U.S. President Barack Obama.

Of those, the only leaders who follow Harper's

"If security is a concern, sites like WikiLeaks prove the hush-hush world of diplomatic relations is over."

MATTHIAS LUFKENS, ASSOCIATED DIRECTOR FOR MEDIA AT THE WORLD ECONOMIC FORUM IN DAVOS

Twitter account are British Prime Minister David Cameron and Russian President Dmitry Medvedev. The Russian president is also the only leader Harper follows.

The way world leaders handle social media is out-of-sync with the protocol-laden world of diplomatic relations, suggests Matthias Lufkens, associate director for media at the World Economic Forum. THE ASSOCIATED PRESS

SEBASTIAN SCHEINER/THE ASSOCIATED PRESS



► Benjamin Netanyahu

Twitter politics explored

Very clear signals are sent by who follows who online, says one media expert.

He points to the fact that Palestinian Prime Minister Salam Fayyad follows Israeli Prime Minister Benjamin Netanyahu, but

the relationship is not reciprocated.

"That says a lot about the relationship between these two men," said Matthias Lufkens, the associate director for media at the World Economic Forum in Davos.

Twitter also sends a signal about how leaders view themselves, he suggested.

A look at the account for the British Monarchy is a good example. They don't follow anyone.

THE ASSOCIATED PRESS



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Twister death toll may rise



► An emergency vehicle drives through a severely damaged neighbourhood in Joplin, Mo., yesterday.

- Threat of more severe weather for Midwest
- Search-and-rescue efforts slowed by thunderstorm

Rescue crews in Joplin, Mo., dug through piles of splintered houses and crushed cars yesterday in a search for victims of a tornado that blasted much of the Midwestern town off the map and slammed straight into its hospital.

At least 116 people died, making it America's deadliest single tornado in nearly 60 years and the second major tornado disaster in a month. An unknown number of people were hurt.

Authorities feared the

toll could rise as the full scope of the destruction comes into view: House after house reduced to slabs, cars crushed like soda cans, shaken residents roaming streets in search of missing family members. And the danger was by no means over. Fires from gas leaks burned across town, and more violent weather loomed, including the threat of hail, high winds and even more tornadoes.

The twister was one of 68 reported in the Midwest

Powerful storm

- Tornado was given an initial rating of EF4, the second-highest on the scale.
- It moved up to 318 km/h and was 1,800 metres wide at times.

last weekend.

Last month, multiple storms killed more than 300 people across the South.

THE ASSOCIATED PRESS

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News in brief



Obama toasts Irish roots

U.S. President Barack Obama visited the Irish town of Moneygall yesterday where his great-great-grandfather lived before moving to the United States in 1850. Obama's Irish roots were discovered during the 2008 presidential campaign.

THE ASSOCIATED PRESS

EU urges Mideast talks

The EU will push other world powers this week

for a resumption of Mideast talks since U.S. President Barack Obama called for a peace treaty between Israel and the Palestinians based on the 1967 borders. A joint statement from EU ministers says that it is a "matter of urgency."

THE ASSOCIATED PRESS

Book tells all about Palin



A former member of Sarah Palin's inner circle, Frank Bailey, has written a scathing tell-all of the former vice-presidential candidate. Blind Allegiance to Sarah Palin: A Memoir of Our Tumultuous Years is based upon emails kept during Bailey's time with Palin. The Alaska attorney general's office is investigating the use of the emails.

THE ASSOCIATED PRESS

Rapture in October?

- ▶ Preacher claims absence of doomsday was a simple miscalculation
- ▶ Followers search Scriptures to find out why the Rapture didn't occur

California preacher Howard Camping says his prophecy that the world would end was off by five months because Judgment Day actually will come on Oct. 21.

The independent Christian radio host said yesterday the apocalypse will come five months after May 21, the original date he predicted.

Camping says he felt so terrible when his doomsday prediction did not come true on Saturday that he left home and took refuge in a motel with his wife.

Camping, an 89-year-old retired civil engineer, appeared publicly for the first time last night.

Rather than give his normal daily broadcast,



▶ Becky Friedman stands outside a Rapture party on Saturday in Tacoma, Wash.

Camping made a special statement before the press at the Oakland headquarters of the media empire that has broadcast his

message.

His show, "Open Forum," had forecast that some 200-million people would be saved, and

warned that those left behind would die in earthquakes, plagues and other scourges until the globe was consumed by a fireball.

His other apocalyptic prediction in 1994 also was a bust, but he said it didn't happen because of a mathematical error.

Family Radio spent millions — some of it from donations — on more than 5,000 billboards and 20 recreational vehicles plastered with the doomsday message.

In 2009, the non-profit reported it received \$18.3 million in donations, and had assets of more than \$104 million, including \$34 million in publicly traded stocks.

THE ASSOCIATED PRESS

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Slave Lake residents take bus tour of rubble



► A tarantula, among many other pets, has taken up residence at the Edmonton Humane Society until its owners, who have had to relocate from Slave Lake, Alta., are able to care for it.

Residents of Slave Lake, Alta., knew there would be shock and tears when they boarded buses yesterday to briefly return to their fire-ravaged town. But it was the optimism they felt by the end of the trip that caught them by surprise.

"It made me feel much better," said Brenda Derkoch after stepping off the bus that returned to the evacuation centre in Athabasca. "My house is gone, all my neighbours' houses are gone, but we have all our schools. We have the hos-

pital. We have so many people out there working so hard for us."

Still, seeing the smoldering, levelled wasteland the fire left behind was tough for some.

One week after a wild-fire blazed through the town, reducing a third of

its buildings to ash and rubble, some 250 people briefly returned to the area for a first-hand look at the charred remains. Another 250 will bus there today.

No one was allowed to get out of the bus during the tours. **THE CANADIAN PRESS**

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▶ Marc Benioff, chief executive of Salesforce.com, attends a press conference to announce a shared initiative with Toyota called Toyota Friend, a private social network for owners of the car brand that works similar to Twitter.

Toyota gets networking

▶ Car company hopes social networking plan will inspire customers to give feedback about how cars are working ▶ Is investing \$5.5 million

Toyota is setting up a social networking service with the help of a U.S. Internet company and Microsoft so drivers can interact with their cars in a way that's similar to posting on Facebook or Twitter.

Japanese automaker Toyota Motor Corp. and Salesforce.com announced their alliance yesterday to launch Toyota Friend, a private social network for Toyota owners.

In a demonstration at a Tokyo showroom, an owner of a plug-in Prius hybrid found out through a cell-

phone message from his Prius that he should recharge his car overnight.

When the owner plugged in his car to recharge it, the car replied, "The charge will be completed by 2:15 a.m. Is that OK? See you tomorrow."

Since many next-generation cars need to be recharged, drivers may need real-time information, such as the battery level of their cars and locations of charging stations, more than regular gas-engine cars.

The exchanges can be kept private or be shared

"I hope cars can become friends with their users, and customers will see Toyota as a friend."

PRESIDENT AKIO TOYODA

with other Toyota Friend users, as well as made public on Facebook, Twitter and other services.

If your car is up for an inspection, for example, the owner will be notified through Toyota Friend, which will in turn automatically link to a dealer

to set up an appointment.

The companies did not give details of how the technology, such as the content of the talking car's dialogues, will be managed. But officials said the answers will be automated through sensors in the car.

Many cars are already equipped with network capabilities that can function as a mobile device. Toyota's service will start in Japan in 2012, and will be offered later worldwide, initially with electric vehicles and plug-in hybrids, according to Toyota.

THE ASSOCIATED PRESS

News in brief

Toyota needs to listen: Panel

SERVICE. An independent panel set up to review Toyota Motor Corp.'s safety and quality issues says the company doesn't do a good job of incorporating customer feedback into its car designs.

The panel says Toyota should appoint executives who are responsible for safety and should give more power to regional executives outside Japan. **THE ASSOCIATED PRESS**

Shares drop for Ryanair

AIRLINE. Ryanair shares are falling after the leading budget airline announced it would ground 80 aircrafts this winter and reduce passenger traffic for the first time in its history.

The Dublin-based airline said weak winter demand meant it would cost less to ground the jets — more than a quarter of its fleet — than to operate them at a loss from October to March. The airline carries four per cent fewer passengers than in the previous winter.

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Market moment

TSX	Dollar	Oil	Natural gas
+ 27.18 (13,652.27)	- 0.51¢ (102.77¢ US)	+ 1.05¢ (\$99.49 US)	1,000 cu ft \$4.393 US (+10.3¢ US)
			Gold \$1,508.90 US (+ \$16.50 US)

Greece's borrowing rates hit new record

Greece's borrowing costs surged to another record yesterday, as the crisis-hit country's prime minister chaired emergency talks to deepen austerity measures beyond his own government's term in office.

A cabinet meeting began as yields rose above 17 per cent for Greek 10-year bonds, hitting a new record margin — or spread — over the benchmark German rate.

Greece suffered another bond downgrade late Friday from the Fitch ratings agency, lowering its investment ranking by three notches deeper into junk status. Prime Minister George Papandreou conceded over the weekend that plans to return to bond markets next year may not be achievable.

The European Union wants cross-party support in Greece for a new 2011-2015 austerity program. Papandreou is to meet opposition leaders today in

\$32.8B The EU wants cross-party support in Greece for a new austerity program, worth at least \$32.8 billion.

an effort to seek consensus.

His government is also finalizing additional austerity measures for 2011 worth \$8.5 billion, or double the original amount planned, to correct this year's disappointing fiscal performance — in fresh cuts expected to sweep away tax exemptions and possibly slap additional taxes on wealthy home owners.

The government is also to consider layoffs in the traditionally well-protected civil service, which could spark protests.

The economy is being kept afloat by \$156.6 billion in a 2010-2013 package of rescue loans from European countries and the International Monetary Fund.

THE ASSOCIATED PRESS

Frozen. Assets



▶ Women walk past pictures of Syrian President Bashar Assad in Damascus, Syria, yesterday. The EU imposed sanctions on Bashar Assad because of his government's continuing crackdown on anti-government protesters.

Syrian leader faces power freeze

More than 900 people have reportedly been killed since the government's crackdown on protesters. The 27-nation EU instituted an assets freeze and visa ban on Syrian President Bashar Assad and nine other members of his regime.

Dot-com deja vu?

► 10 years after bust, a new bubble may be developing, analysts say



ELISABETH
BRAW
METRO WORLD NEWS

Professional network site LinkedIn shares were trading at over \$84 US yesterday — an increase of nearly 100 per cent since the company went public on Thursday. A few days earlier, Microsoft bought Skype for \$8.5 billion US. One short decade after the dot-com bubble, is an-

"If there's a new dot-com bubble, it's a lot different from the original bubble."

HARRY MCCrackEN, SILICON VALLEY'S LEADING BLOGGER

other in the making?

"In the old days, companies like Webvan went public before they proved they had a viable business, and then went bankrupt when it turned out they didn't," says Harry McCracken, Silicon Valley's leading blogger. "LinkedIn has been

around for eight years, so its IPO (initial public offering) is hardly premature," he writes at Technologizer.com.

Still, investors — particularly those who missed Facebook — seem eager to sink their money into social networking companies.

"People are talking about a bubble, but we're still in the early stages," says Dr. Carsten Sorensen, at the London School of Economics. "But today's tech companies are really mature in their thinking."

"During the last bubble, companies just got in and imitated. They were really stupid. Of course, even though they're more intelligent now this can still be a bubble."

China. Risky business



► Local and mainland Chinese university students, dressed as Foxconn workers, hold mock iPads with a skeleton print outside an Apple store in Hong Kong.

KIN CHEUNG/THE ASSOCIATED PRESS FILE

Blast rocks global strategy

An explosion Friday that suspended production at a factory in China that makes Apple's iPad 2, highlights the risks of a global manufacturing strategy that has cut costs but concentrates production in a few places.

Cisco feels Firewall heat

The Falun Gong is suing Cisco Systems for supplying Beijing with equipment used to build the "Great Firewall of China" that it alleges is used to spy on dissidents and censor the Internet. THE ASSOCIATED PRESS

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Universal Accessibility Study

2nd set of Public Consultation Sessions



Metro Transit and IBI Group will conduct four additional Public Consultation Sessions as a follow up to the initial Universal Accessibility Study information meetings, which were held in early March 2011.

Metro Transit is looking for customer input regarding recommendations to a number of accessibility-related issues around conventional bus service, including existing infrastructure (vehicles, terminals, bus stops, shelters, etc.), on-board wheelchair/scooter restraint systems, customer communication and information (website, schedules, & maps), as well as transit guidelines and policies.

Once completed, short and long-term accessibility improvement recommendations to the fixed route transit service will be developed and presented to Regional Council for review/approval in spring/summer 2011.

Wednesday, May 25, 2011	Thursday, May 26, 2011
Saint Andrews Community Centre 6955 Bayers Road, Halifax Afternoon session: from 4:00 pm to 5:30 pm Evening session: from 6:00 pm to 7:30 pm	Dartmouth North Community Centre 105 Highfield Park Drive, Dartmouth Afternoon session: from 4:00 pm to 5:30 pm Evening session: from 6:00 pm to 7:30 pm

The sessions will consist of a 10-15 minute presentation, followed by a question & answer period.

For registered Access-A-Bus clients wishing to attend, please contact the AAB Scheduling Department at 490-6999.

If you are unable to attend the public consultation sessions, we invite you to leave your comments/suggestions regarding improvements to accessibility by contacting 490-4000 or via email at contactHRM@halifax.ca

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IF AT FIRST YOU DON'T SUCCEED ...

SHE SAYS ...

JESSICA NAPIER
METRO



Before you go any further I should warn you, this is not an inspiring column about chasing your dreams and doing what you love. This is about expectations management and some realistic advice on how to get a job (any job).

Every May, a fresh crop of university graduates emerges from the cosy bubble of undergraduate life, ready to face the rejection-letter reality of the working world. Don't worry, we've all been there.

"What have I done with my life ... why did I ever get an arts degree?"

But don't fret new grads, you won't be broke forever. Eventually, you will get over your quarter-life crisis, get off the couch and you will find a job. It might not be right away, but employment will happen, just as long as you don't do any of the following:

Be lazy: Spelling and grammatical errors on your resumé are inexcusable; as are limp-wristed handshakes. Never underestimate how far a firm grasp and a properly placed semicolon will take you.

Make demands: Asking an employer to postpone your start date until after your birthday, indicating that you will need to bring your German shepherd into the office every Friday or any other outlandish requests will not be tolerated in today's cutthroat job market.

Be obnoxious: A hard and fast way to never get hired is to indirectly insult the person doing the hiring.

A friend of mine, a manager at a retail store, recently interviewed a new grad for a sales position. This is what transpired:

Question: "Where do you see yourself in five years?"
Answer: "Well, I'll be 26 by then (gasp — the horror!) so I'll probably have my life figured out — you know, have a real job."

My friend was unimpressed. And by the way, I don't know any 26-year-olds who have their lives "all figured out." In fact, most of the people I know younger than 40 are still trying to get it together.

Be a social media saboteur: Avoid tweeting excessively about failed interviews, bad-mouthing former employers or any other spiteful online commentary that would make you a human resources nightmare.

Feel entitled: Just because this isn't your dream job doesn't mean you are too good for it. If you are a desperate 20-something living in your parents' basement looking to pay off some student loans, then be prepared to settle.

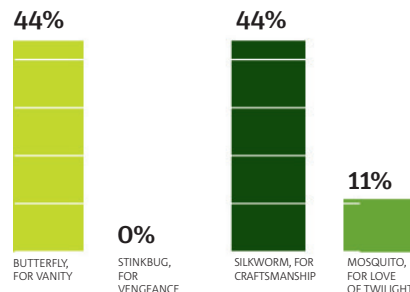
And if all of your hard efforts don't pay off, just remember, there's always grad school.

Read more of Jessica Napier's columns at metronews.ca/shesays



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and take the quick poll

If you had to be one of these four bugs, which would you be?



Worth mentioning

CAIRO, Egypt. A Saudi woman was arrested for a second time for driving her car in what women's activists said yesterday was a move by the rulers of the ultraconservative kingdom to suppress an Internet campaign encouraging women to defy a ban on female driving.

Manal al-Sherif and a group of other women started a Facebook page called "Teach me how to drive so I can protect myself," urging authorities to lift the ban, and posted a video clip last week of al-Sherif behind the wheel in the eastern city of Khobar.

The page was removed after more than 12,000 people indicated their support for its call for women drivers to take to the streets June 17 in a mass drive.

Al-Sherif, a 32-year-old IT expert, was arrested at dawn yesterday and accused of "violating public order," according to a security official who spoke on condition of anonymity because he was not authorized to speak to the media. She was ordered held for five days while the case was investigated. **THE ASSOCIATED PRESS**

Cartoon by Michael de Adder



WEIRD NEWS

No problem catching this tiger by the tail

Police scrambled helicopters and ordered tranquilizers to hunt what they feared was an escaped wild animal in southern England — but found the tiger was just a toy.

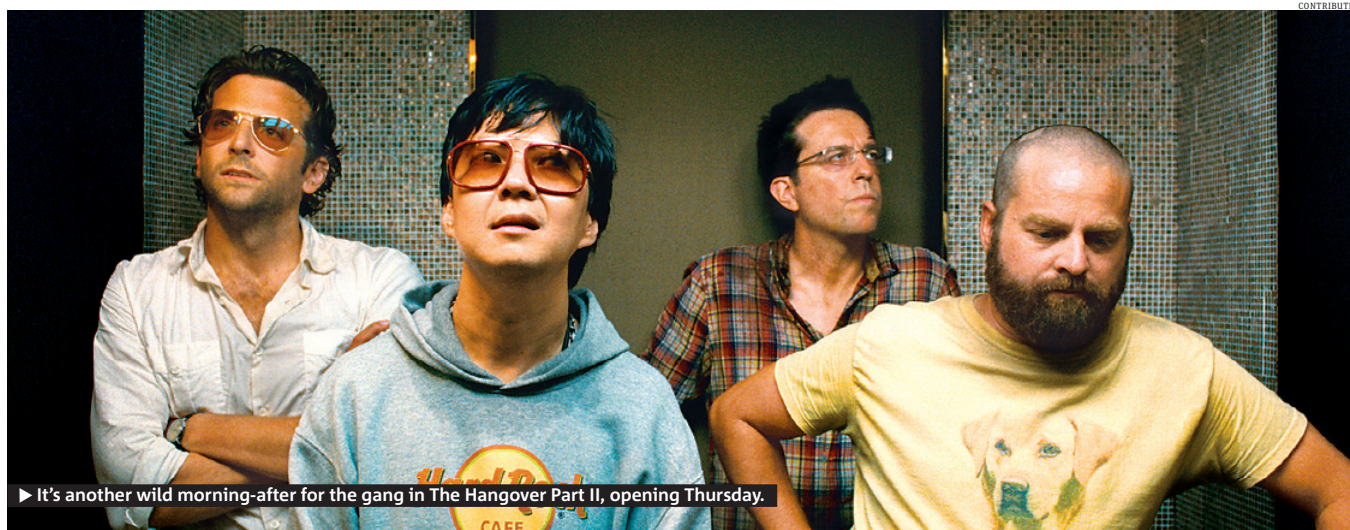
Hampshire police say they responded after several residents called in to say they had seen a white tiger in a field near a golf course in Hedge End, near the English coastal city of Southampton.



► The toy tiger.

A tongue-in-cheek recorded message posted to the force's media line said that after "a brief stalk through the Hedge End savannah ... it became obvious that the tiger was a stuffed, life-sized toy."

A second message posted yesterday emphasized police had a duty to take such sightings seriously. As for the renegade tiger? "It's being treated as lost property." **THE ASSOCIATED PRESS**



► It's another wild morning-after for the gang in *The Hangover Part II*, opening Thursday.

The wolf pack is back

► Bradley Cooper, Zach Galifianakis and Ed Helms return, this time in Bangkok. With a monkey.



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METRO WORLD NEWS IN HOLLYWOOD

After the life-threatening escapades of the first Hangover film, you'd think the "wolf pack" — played by Bradley Cooper, Ed Helms and Zach Galifianakis — would learn to take it easy when celebrating before a wedding.

But *The Hangover Part II* finds the three in a familiar predicament — though in a very unfamiliar location.

In Thailand for Helms' character's wedding (at a plush island resort), the three wake up in a run-down Bangkok hotel room with no memory of the night before — and once again missing a member of their party. But the exotic location isn't the only thing different about the sequel.

"This movie is more about the dynamic of the three guys, and you really get to know them," Cooper says. "For me, watching the first one, it could almost be

boiled down to one joke. The whole movie's a setup and the punch line is the credits. When you get to the end of this movie, I'm excited to see the credits, but that's not what I've been thinking about the whole movie."

Revisiting the characters meant getting to show different sides of them, something Galifianakis was thrilled about.

"I think we all wanted to see us turning against each other a bit, which was fun to watch. It kind of calls for

it," he says. "I think that was something kind of new that we explored."

Of course, what was most exciting for the co-stars was heading to the other side of the world to film. "I just fell in love with Bangkok. We spent two weeks in a resort town, and I couldn't wait to get back to Bangkok," Cooper says.

While the guys don't wake up with a tiger in their bathroom like in the first film, the animal kingdom is well represented by Crystal, a monkey in a den-

im Rolling Stones vest with a nasty smoking habit. "Crystal turned out to be kind of this miracle monkey. She's incredible, she can do anything," Cooper says.

"The only downside to Crystal is she has very long claws, and you don't want to get Crystal around an elephant," he warns. "There was one scene where we were walking down the street and there was an elephant, and she kind of destroyed my shoulder."



Box office

The reengineered *Pirates of the Caribbean* sequel *On Stranger Tides* found its smoothest sailing overseas, where it took in a record \$256.3 million at the international box office, according to studio estimates yesterday.

THE ASSOCIATED PRESS



After marriage to ex-Beatle, N.Y. transit board member Nancy Shevell will be Lady McCartney

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MAPLECONNECT.ca **MAPLE PICTURES**

Hiccups goes Hollywood for Season 2 premiere

► Series features Brent Butt as the life coach of real-life wife Nancy Robertson, a volatile children's writer ► Second season kicks off May 30



IAN JOHNSTON
SCENE@METRONWS.CA

Despite having starred in two hit comedies, Brent Butt is still uncomfortable calling himself an actor.

"I look at myself as an entertainer who does some acting," says Brent, who is back for season two of Hiccups, which he created and stars in with wife Nancy Robertson.

"And I've gotten much better as an actor. But I act within a certain emotional range. If I had to hold a dying child in my arms and scream to the gods — I'm not sure I could pull that off."

In Hiccups, Brent plays the easygoing life coach Stan Dirko — who is given the unenviable task of keeping the loud, volatile children's writer Millie Upton (Robertson) out of trouble.

"She's very likable because she's like a wide-eyed child," explains Butt. "But in that sense, she also has fits like a child. It'd be too tiring if she was just a jerk. She's more a jerk full of wonder."

In May 30's season opener, Mil-



► Brent Butt

lie and Stan take a trip to Hollywood to finalize a movie deal. But it all ends as expected when Millie finds herself in an "incident" outside Grauman's legendary Chinese Theatre.

"We wanted to start the season with a bang. And it turned out to be a fun episode. Maybe too much fun. We ended up shooting way too much in Hollywood."

Butt says he learned a lot during the first season of Hiccups. "You've got to remember we had already written half the episodes before we even hired the cast," he says.

"You learn lots just by doing it. You learn the

rhythm of the show and the voice of the characters and you start to write to that. Comedy is all about rhythm. Well, mostly ..."

Sounds like Butt has put a lot of thought into the nature of being funny. Has he ever considered lecturing on comedy?

"I've been asked but generally decline. Comedy kind of refuses to be analyzed. It stops existing once you get scientific about it."

The second season of Hiccups premieres May 30 at 8

p.m. (ET) on CTV.

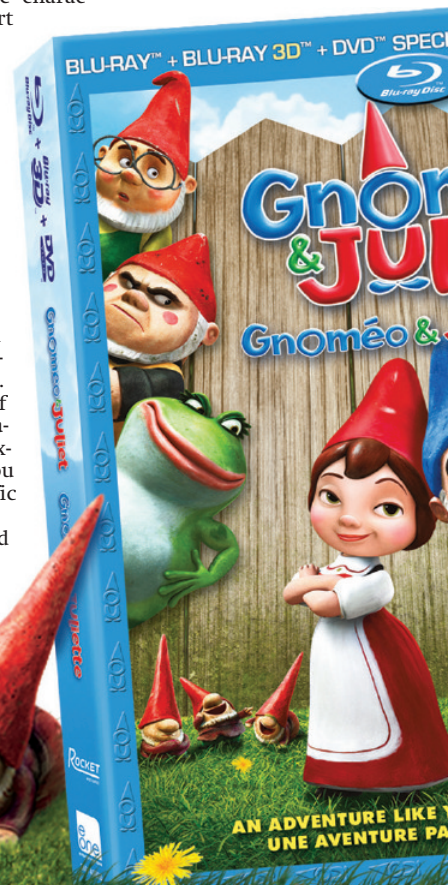
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Ready for prime time

► As MTV Movie Awards host and budding movie star, centre stage beckons for Jason Sudeikis ► Saturday Night Live veteran got his start in improv

As several cameras and a large film crew hover around him, Jason Sudeikis is enjoying the attention.

"Think about how long this lighting would take if I didn't have perfect bone structure," he says, smiling. "Show off God's work."

Sudeikis is shooting promotions for the MTV Movie Awards, which he'll host June 5. As he lists the attendees, he riffs effortlessly ("Blake Lively ... nice guy?") and ponders the Scrabble points in "Shia LaBeouf."

The awards will introduce Sudeikis to millions of viewers just as he's making his largest splash on the big screen. He stars in the up-



► Jason Sudeikis

coming summer comedy *A Good Old Fashioned Orgy*, out in September, and plays a supporting role in the star-filled *Horrible Bosses*, out in July.

For the veteran Saturday Night Live cast member, centre stage is a relatively new vantage point. Hosting the MTV Movie Awards (the last two hosts were Andy Samberg and Aziz Ansari) has been a kind of platform for rising comedians on the cusp. "A platform either to dive beautifully off of or to fall completely off of, but a platform nevertheless," says the 35-year-old Sudeikis.

Though born in Virginia, Sudeikis was raised in Kansas City, Kan., and has a Midwestern aw-shucks candour. But he often uses a cheery facade for arrogant or oblivious characters. Whether playing U.S. Vice-President Joe Biden or the devil, Sudeikis

is usually grinning broadly.

"I always liked smart asses," he says. "I probably wanted to be Axel Foley from age nine until 38. In three years, I'll probably stop wanting to be Axel Foley. I like people that laugh, smart asses that also laugh, that don't take any of it too seriously. Love Ace Ventura. Love Groucho Marx. Love Bugs Bunny."

Sudeikis didn't sincerely pursue comedy until he came to the famed Chicago improv troupe Second City in 1997. His family had some familiarity with showbiz: Sudeikis' uncle is George Wendt (Cheers). Wendt's success, Sudeikis says, pacified his parents in accepting entertainment as a career. At Second City, he "dove in completely" to improv and helped develop a Las Vegas offshoot.

He was hired first as a writer on SNL, which he did for two years, getting a handful of sketches on the air. Though Sudeikis yearned to be a performer, he learned the SNL system and relished the writing process. "I really enjoyed the re-write table. That was my favourite thing to do," says Sudeikis. "When Tina Fey likes one of your jokes and puts it into the script, you can't help but feel like, 'Maybe I am somehow doing the right thing, the right job.'"

Sudeikis became

a cast member in 2006 as part of one of the show's best classes: Kristin Wiig, Bill Hader and Andy Samberg. Sudeikis and Wiig often wrote together and one of their late-night, gum-chewing sessions led to an early recurring hit: "Two A-Holes."

Sudeikis says this SNL season, which concluded this past weekend, has been one of creeping nostalgia, as he, Wiig, Hader, Samberg realize their time together is waning. "We all sort of realize that you're not going to do this forever," says Sudeikis, who expects to return next season.

But they all have other projects now, too. For Sudeikis, most notably, there's *A Good Old-Fashioned Orgy*, an R-rated comedy in which a group of friends decide to have an orgy. It's a generational kind of film with characters in their late 20s and early 30s — stuck between the free-love '60s and the sexing '00s — insisting on their own chance for sexual inhibition.

THE ASSOCIATED PRESS



THE WHOLE FAMILY!"
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— Richard Crouse, CTV



A bloody good time

► Diva Zappa talks about the joys of getting messy on film

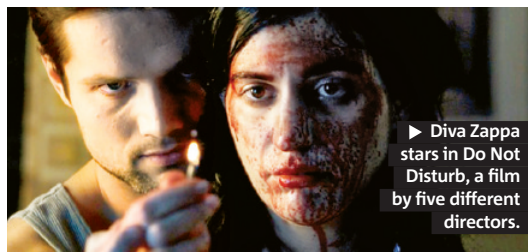


In *Do Not Disturb*, five directors offer five different takes on what goes on behind the privacy tag of a very busy hotel room, with a quiet and curious maid, played by Diva Zappa, as the constant element throughout.

Your character is the constant element through all the sections of the film. How was that?

That was a surprise. It just kind of happened while we were on set. They just kept putting me in, saying, "Go walk in — and say something, if you want to." I really didn't know what I was in for, and every day was a surprise. Every day was a new adventure because new crews were brought in every day.

Is there a section of the film



► Diva Zappa stars in *Do Not Disturb*, a film by five different directors.

that you're most fond of?

Yes. I hate to say it, but yes. All of the directors are amazing, and each of them gave me an experience I've cherished, but I had the most fun in Jon Mann-Krieger's piece because that was when I first got to be sprayed with blood.

You did look pretty cool covered in blood.

I know, how weird is that? I'm in another movie where I got covered in blood, and the pictures of me in blood — I'm, like, stunning. It's very strange.

Very, very weird. I love it. It's really fun to get dirty, and I don't get to get dirty that often.

It's one of my favourite things, if it's in a safe situation and I know I can go take a shower — which actually I didn't really do on that set, because on the first day of blood it got clogged and there was a problem. When lunch would be called, I couldn't move my hands to eat, so we had to put gloves on me. But it was pretty interesting and fun.

DVD Releases this week Buy it        | Rent it       
Borrow it      | Yawn    | Don't bother   

Gnomes work their charm

Gnomeo & Juliet

Genre: Comedy/Adventure

Director: Kelly Asbury

Stars: James McAvoy, Emily Blunt and Maggie Smith

    

What do you get when you start with the world's most famous play, update it with a baseball team's worth of writers taking inspiration from *Shrek* and *Toy Story*, spice the resulting masala with music by Elton John (classics and new tunes) and Lady Gaga, add a laundry list of well-known voice actors then have the whole concoction processed at the Disney animation factory?

You get *Gnomeo and Juliet*, that's what. The garden gnome version of Shakespeare's romantic tragedy that somehow works better than it has



any right to. The painted ceramic version of the oft-told story is set in motion when spunky Juliet (Emily Blunt), wearing a crimson cap, meets and falls in love with Gnomeo (James McAvoy), a blue-hatted garden ornament.

The two live in adjacent houses in a brightly rendered English suburb. But the route to love is not to be a smooth walk down the garden path for these two. The obstacle? When the lawn-lost lovers meet

they are both wearing disguises, so are unaware their romance is forbidden. They don't realize they belong to feuding families whose antipathy extends to their respective garden gnomes.

While this G-rated Disney offering is unlikely to be remembered as the apotheosis of the animation art form, at a blessed 84 minutes, *Gnomeo & Juliet* gets the job done right for the short set. **PETER HOWELL**

I Am Number Four

Genre: Sci-Fi/Thriller

Director: D.J. Caruso

Stars: Alex Pettyfer, Timothy Olyphant and Dianna Agron

    

In *I Am Number Four*, John Smith (the very pretty Alex Pettyfer, a former model) is the new kid on the block in a small Ohio town called Paradise, where he lives with his guardian, Henri (Timothy Olyphant).

John may have a common name, but he's no common guy. He's actually Number Four, and he's not from this planet at all.

As anyone aged from



12 to 20 on planet Earth — and their beleaguered parents — will tell you, it ain't easy being a teen. Imagine how hard it is to be an angsty alien teen, who's also developing superpowers. But a first love with Sarah (Dianna

Agron, who plays cheerleader Quinn on TV's *Glee*) helps John with his life on Earth. And Agron, along with Australian actress Teresa Palmer, who plays Number Six, keep the pretty quotient going.

I Am Number Four may have enough going for it to get its target teens to fire up the DVD player and sit down for a bit.

But when they realize they're being pandered to with a limp script, they might just get up to make some popcorn and forget to wander back.

PETER HOWELL

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Shriver could be in for a big payout

► Couple have not filed for divorce yet

If Maria Shriver decides to divorce Arnold Schwarzenegger after revelations of his fathering a child with a former household employee triggered the couple's separation, it could prove to be one of the costliest settlements in recent history, trumping even Tiger Wood's \$110 million payout, according

to Page Six.

Given the former California governor's estimated worth, Shriver could walk away with more than \$200 million, despite a prenup sources believe the couple signed.

Neither Shriver nor Schwarzenegger have filed for divorce yet.

● METRO



► Arnold Schwarzenegger and Maria Shriver

Celebrity tweets



So...my husband just got deported from Japan. I am so sad. I brought him all this way to show him my favorite place

@katyperry

@rustyrocks

Planning escape from Japanese custody. It's bloody hard to dig a tunnel with a chopstick

@justinbieber

for once waking up because of jet lag is great because i just found out we won 6 AWARDS 2nite!! I THOUGHT IT WAS 3!!! CRAZY!!

@ConanOBrien

I'm not a competitive eater unless someone orders French fries "for the table."



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Children's Miracle Network

www.iwkfoundation.org

Life as a hockey player took a drastic turn when 14-year-old Michael Rumsby from Cole Harbour, Nova Scotia, was diagnosed with a brain tumour. After undergoing chemotherapy, surgery and radiation, Michael learned the true meaning of courage and teamwork.

Meet Michael and other Maritime children cared for by the IWK Health Centre on the 27th annual IWK Telethon, June 4 and 5, on CTV.



Cole told to break up with her Dancing boyfriend

Before breaking into U.S. television, X Factor judge Cheryl Cole is reportedly receiving some very personal demands from her bosses. Fox executives want Cole to ditch her boyfriend of one year, Dancing with the Stars hooper Derek Hough, according to the Mirror.

"Show producers have told her that being single would do wonders for her image. And there would be no shortage of guys in L.A. lining up to go on a date with Cheryl," a source says.

"Derek may be dreaming of worldwide stardom, but he's seen as a small-time dancer on a TV show ... and pretty uncool. TV executives are thinking that if she's going to win over Hollywood, she'd be better off doing it as a sassy and single girl-about-town."

● METRO

Parties galore

With Prince William and Princess Catherine set to visit Los Angeles for all of 24 hours in July, how they spend that time is becoming quite an issue, according to the Daily Mail.

Several Hollywood luminaries are angling to throw parties for the royal newlyweds, including Elton John and husband David Furnish and Forrest Gump producer Steve Tisch.

And Victoria Beckham

has reportedly scheduled her C-section with the royal visit in mind. William, meanwhile, has turned to the British Academy of Film and Television Arts, of which he is the president, for advice.

"We are suggesting several ideas, including a tea party, a cricket match and also a more formal gala evening to promote the British film industry," a BAFTA insider tells the newspaper. ● METRO



► Prince William and Catherine Middleton

Big money for Beatrice's hat

Princess Beatrice's infamous tan, octopus-like hat worn at Prince William's wedding last month has been sold on EBay for more than \$130,000, according to E! Online.

Proceeds from the auction will benefit UNICEF U.K. and Children in Crisis through Princess Beatrice's

Little Bee Initiative campaign.

"I've been amazed by the amount of attention the hat has attracted," Beatrice wrote on the hat's auction page.

"I hope whoever wins the auction has as much fun with the hat as I have."

● METRO

3 life

Aspirin makeover



Bayer is looking for a speedy remedy for stagnant aspirin sales. The company, whose name is synonymous with the pain reliever, introduced a reformulated aspirin yesterday that works in half the time of its regular aspirin. Expanding its demographic is key to budging Bayer's 14.6 per cent market share.

THE ASSOCIATED PRESS



Europe OKs Pfizer, Bristol-Myers blood thinner for hip, knee replacement patients. Scan code for story.

Knee pain got you down?



► Research found that doing hip exercises with an exercise band for three weeks led to a 50 per cent reduction in knee pain.

Simple exercises can strengthen hips and help heal knee injuries

CELIA MILNE
LIFE@METRONEWS.CA

Great news for runners and would-be runners: Easy and inexpensive hip exercises have proven to prevent knee injuries and keep you on the road.

"I like the simplicity of it," says Reed Ferber, director of the Running Injury Clinic and an associate professor in the faculty of kinesiology at the University of Calgary.

"There have been lots of gimmicks with shoes and orthotics. This is a piece of \$8 surgical tubing. Doing two simple exercises can have such a positive impact on runners."

Ferber believes that hundreds of thousands of Canadians could benefit from these exercises. "Four million people are engaged in formal running programs. Triple that for running recreationally."

Scientific studies show that 50 per cent of runners get injured every year. About 80 per cent of those are from the knee down and half are at the knee.

"Let's say all Canadians who run did these two exercises, even if we were able to reduce injuries by 10 per cent, that's 400,000 runners."

Even in those with mild to moderate knee osteoarthritis, these hip-strengthening exercises can reduce pain in the knee.

Using gait analysis technology, Ferber and colleagues found that doing the hip exercises (strengthening the hip abductor and the hip gluteus medius muscles using an exercise band) for three weeks led to a 40 per cent increase in hip strength and close to a 50 per cent reduction in knee pain. Their study was published in a recent issue of the *Journal of Athletic Training*.

For more, visit running-injuryclinic.com.

How not to run

Running injuries are common. Research shows half of runners get injured every year. And 80 per cent of those injuries are from the knee down. Many of these are preventable by avoiding training errors. Here are some don'ts from Reed Ferber.

- **DON'T** increase your distance by more than 10 per cent a week.
- **DON'T** run faster than you are ready for just to keep up with another runner.
- **DON'T** all of a sudden go outside and run 5 km if you've been running 5 km on a treadmill for several months.
- **DON'T** run 8 km if you are only supposed to run 5 km.
- **DON'T** run if you are injured. Seek help from a sports medicine professional.

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Vegans in vogue

► We used to think of vegans as skinny, pale-faced hippies that would rather eat soil than food with flavour
► But a plant-based diet can be healthy and sexy



**ROMINA
McGUINNESS**
METRO WORLD NEWS

For years, the general line concerning vegans has been: "They look emaciated and live off cardboard. And they're annoying as hell at dinner parties."

The thinking now: "Vegans are slim, sexy and generally healthier than people that include animal produce in their diet. Even if they're still slightly annoying at dinner parties."

Being a vegan involves scrapping all animal produce from your diet — no meat, no eggs, no dairy and no honey.

For a long time, the word "vegan" used to send a chill down people's spine as they associated it with deprivation, tasteless meals, malnourishment and poor health.

Cheating tip

► **Creamy cashew:** Take a handful of cashews and soak them in one inch of water overnight. The next day, blend them and what you get is a thick rich cream that can be used as a base for soups and sauces.

Over the past two decades the global praise of protein-heavy diets such as Atkins and Dukan has left people with little faith in the vegan way of life as most assume that by surviving off seeds, fruits, legumes, vegetables and soy, vegans lack in essential nutrients necessary for maintaining good health.

Lie, say vegan chefs. It's actually much better for your health. Kathy Freston, author of the book *Veganist*, says she can prove it. A vegan for seven years, Freston made the transition from a typical southern girl raised on fried chicken to a dairy-loving vegetarian to, finally, veganist.

"Within weeks of going vegan my energy levels soared and my skin cleared," she says.

Being on a vegan diet dramatically lowers cholesterol levels (the sole source of this being animal produce) and blood sugar levels, and increases natural metabolic rate.

Although humans are omnivores, our bodies thrive on a plant-based diet that over time promotes lower rates of heart disease and obesity.

"A plant-based diet has a high thermal effect as calo-

"Within weeks of going vegan, my energy levels soared and my skin cleared."

KATHY FRESTON, VEGANIST

ries are burnt as heat, for up to three hours after your meal calories are burnt at a rate 16 per cent higher than a regular diet," says Freston.



► A chocolate cake without eggs? We'll take it.



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Cheese-free mac 'n' cheese

Vegan chef Chloe Coscarelli shares her recipe for cheeseless mac 'n' cheese. It gets its yellow colour from nutritional yeast and is loaded with B vitamins. For more, see chefchloe.com.

Preparation:

1 Cook pasta.

2 In a saucepan whisk the margarine and flour over medium heat for 3-5 minutes. Add milk, yeast, tomato paste and garlic powder and bring to boil, whisking frequently. Reduce heat to low and let

Ingredients:

- 1 pound pasta
- 1/4 cup soy-free margarine
- 1/3 cup flour
- 3 cups non-dairy milk
- 1 cup nutritional yeast
- 2 tablespoons tomato paste
- 2 teaspoons sea salt
- 1 teaspoon garlic powder
- 1 tablespoon lemon juice
- 1 cup broccoli florets (steamed)

simmer until it thickens. Adjust seasoning to taste and stir in lemon juice. Toss noodles with the sauce and broccoli.



4 portions
Prep time:
5 min.
Cooking:
15 min.

► It gets its colour from yeast, not cheese.

Don't go without

The four food groups to include in a vegan diet:

- 1** Protein: One of the biggest misconceptions of a vegan diet is lack of protein. Move away from animal protein and go for nuts, seeds, tofu, beans, legumes, chickpeas and seitan.
- 2** Complex carbohydrates: Go for sweet potato, brown rice, quinoa, barley and yam.
- 3** Vegetables: Try broccoli, chard, kale and spinach.
- 4** Fruit: Try apples, raspberries, bananas, grapes, mango and pineapple.

3 VEGAN PHONE APPS



VEG OUT

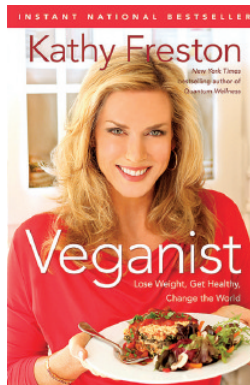
► When a friend says, "Let's check out this steakhouse," open this app to find a vegetarian option nearby. It's got a huge database.

VEGANXPRESS

► This useful app tells you which entrees are vegan at popular chain restaurants.

HAPPY COW

► Another restaurant guide, this is the definitive resource for meat-free restaurants.



Try it out

Freston admits that going vegan is a challenge that requires effort and willpower. "We have an emotional bond with food so it's about changing (or sacrificing) life-long habits. Go at your own momentum. For example, if you love your coffee with cream, switch to a soy-based creamer, almond or rice milk."

Bringing Glee to yoga

► Hot hatha yoga teacher empowers students, puts musical twist on classes ► First album, Hallelujah, will be released worldwide in July

It's a glistening 40 C in the yoga studio where three rows of students sitting cross-legged on mats wait patiently, hands at heart.

"Let's begin by singing three times the bonjovi chant," says the instructor, "followed by Om."

We prepare with a deep, cleansing breath.

"Whoah, we're halfway there," he belts out, surprising newcomers to the drop-in class. "Whoah-oh! Livin' on a prayer."

If Sanskrit swapped for a popular rock anthem is any indication, this is no typical yoga class. Sporting eyeliner, black nail polish and a wicked grin, Will Blunderfield dubs it "Glee Yoga," a nod to the hit TV series.

One thousand students cram into the 25-year-old's self-styled classes at five studios across the Vancou-



► Blunderfield mixes rock 'n roll and musical theatre with yoga poses.



► Will Blunderfield

ver area each week to participate in the ancient practice with Blunderfield's musical theatre twist. He teaches all the traditional poses in his hot hatha yoga classes, but they're exuberantly spiked with Tony Robbins-like motivational affirmations and set to a sensational score.

He jokingly describes

himself as Richard Simmons' love child with Capt. Jack Sparrow.

"With who he is, you'd think he'd be limited in who he would attract," says Lara Kozan, co-founder of Yyoga studios, which aims to make yoga more accessible.

"Whoever you wouldn't think would resonate with

his class, he has those people resonating too. They might have their eyebrow up for the first half of the class, and then they're singing along for the rest."

It may be because of Blunderfield's message: "Follow your heart, love yourself, there's nothing wrong with you," he says.

THE CANADIAN PRESS

Yoga pose. Shoulder stand/Sarvangasana

What you do:

- 1 Lie on the floor on your back with your arms at your side, palms down.
- 2 Bring your legs up at a right angle to your torso.
- 3 Lift your pelvis, torso and tush off the floor.
- 4 Bend your elbows and support your back with your hands
- 5 Lift your legs and hips upward, moving your hands towards your shoulder blades.
- 6 Steady your spine when you have reached a position where your legs and torso are at a right angle to the floor.
- 7 To come out of the pose safely, move your legs towards your head. Slowly roll your spine back down.

STEPHANIE KNUTSSON,
BODYISM YOGA INSTRUCTOR



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- Classified - That Ain't Classy
- Bruno Mars - Lazy Song
- Adele - Rolling In The Deep

1013THEBOUNCE.COM

Combine fruits & veggies for fresh take on stir-fry

Stir-fries are a fast dinner for people on the go and this one is no exception.

All of the Asian ingredients are available at most supermarkets.

Preparation:

1 In a small bowl, stir all of the sauce ingredients together, adding your desired amount of hot Chinese chili garlic sauce, until mixed and cornstarch has dissolved.

2 Thinly slice the chicken into bite-size strips. Snap tough ends from the asparagus, then slice it diagonally into pieces about 5 cm (2 inches) long. Slice the red pepper into large bite-size squares, cut plums into

wedges and thinly slice green onions.

3 Heat oil in a very large frying pan or wok over high heat. Add the chicken and stir-fry until golden-brown. Add ginger and garlic and stir-fry for 1 minute. Add asparagus and bell pepper and continue to stir-fry for a couple of minutes until just tender, adjusting heat as necessary.

4 Add sauce to stir-fry. Stir continuously until bubbly and thickened, about 1 minute. Then add fruit and green onions. Stir just until hot, about 2 more minutes.

THE CANADIAN PRESS/ EXPERIENCE CALIFORNIA



► This ginger chicken stir-fry uses fruit and vegetables.



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Ingredients:

Sauce

- 75 ml (1/3 cup) water
- 45 ml (3 tbsp) oyster sauce
- 30 ml (2 tbsp) soy sauce
- 15 ml (1 tbsp) dark sesame oil
- 5 to 10 ml (1 to 2 tsp) hot Chinese chili garlic sauce
- 10 ml (2 tsp) cornstarch

Stir-Fry

- 2 skinless boneless chicken breasts
- 250 g (1/2 lb) asparagus
- 1 sweet red or yellow bell pepper
- 2 plums or peaches
- 2 green onions
- 15 ml (1 tbsp) vegetable oil
- 30 ml (2 tbsp) finely minced ginger
- 2 garlic cloves, minced

Mexico Lindo puts the focus on cultural staples

► The menu includes enchiladas, beef burritos, quesadillas and chimichangas

LUNCH RUSH

VALERIE MANSOUR
FOOD@METRONews.ca



Wonderful aromas hit me as I enter Mexico Lindo, a friendly, unassuming restaurant.

My friend and I are

brought complimentary nacho chips and salsa.

We immediately order a refreshing Agua Fresca (\$1.99). Today, it's made with melon.

The menu is basic Mexican, focused on almost everything you can do with a tortilla.

We order Dinner for Two (\$23.95) and request both beef and chicken.

The chicken enchilada arrives with rice and a too-small serving of beans. The enchilada is oozing with flavour with a rich sauce and melted cheese.

Another plate has a beef burrito, quesadilla, and chimichanga. The fried chimichanga in particular is flavourful, but nothing tops that enchilada.



► The chicken enchilada comes with rice and beans.

I honour a request to take lunch home. The Burrito, Rice and Beans Combo (\$10.95) is a large tortilla stuffed with excel-

lent spicy sausage and potato chunks topped with cheese, lettuce, sour cream and salsa. It's filling and tasty. Viva Mexico!

Blueberry Smoothie



Make this version of the smoothie for your children's breakfast or after-school snack. Frozen blueberries are available in your grocery store's freezer for this fast antioxidant-laden treat.

2 Pour into glasses; serve immediately.

THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA

Ingredients:

- 500 ml (2 cups) milk
- 500 ml (2 cups) frozen blueberries
- 125 ml (1/2 cup) vanilla-flavoured yogurt
- 30 ml (2 tbsp) honey

Preparation:

1 In a blender, combine milk, blueberries, yogurt and honey; puree until smooth.

POPPING THE QUESTION?

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Engagement rings can be pricey, but they are also an important symbol of

commitment in a relationship. Take your time selecting a ring that reflects your values and your budget.

Keep in mind that during lean times, many couples don't even buy an engagement ring, just their wedding band.

Determine your budget before you shop. Avoid massive amounts of debt for a ring and save up! Some diamond experts have recommended that you spend between two and three months' salary on a ring.

But, that's not the law. Do what's right for you.

Research the types of rings available and the costs associated with your combination of choices: metal (gold, platinum, silver, etc.), stone (diamond, sapphire, etc.), and setting. Research how the cut, clarity, colour and carat impacts the price.

Investigate the jeweller and get referrals from trusted friends or family members. For example, do you want a custom-made ring or one that is ready to go? See if the jeweller has an exchange or return policy just in case.

Bring a trusted ally who can help you wade through the thousands of choices. Consider shopping with your partner so you can make the decision together.

Plan ahead for the expense by saving in advance. Avoid store credit as the interest rates are hefty.

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Keep self-employed headaches to a minimum by being organized and knowing the tax-filing rules.

The first half of the year is full of deadlines from RRSP contributions to taxes. And here's another one: the deadline for the self-employed to file a tax return is June 15.

This confuses many new self-employed individuals because you still must pay tax owing by the same date as everyone else — this year it was May 2nd. But you have an additional six weeks to get your return in to the Canada Revenue Agency.

If you are thinking about

striking out on your own or you are a self-employed newbie, here are five common questions fielded by H&R Block about business taxes.

1. Do I need a business number? You don't need a number or even to be registered as a business. But you do need to fill out a T2125 Form, which details your business income and expenses as part of your personal return. Don't make the common mistake of listing self-employed income on line 104 (other income).

2. What about CPP premiums? If you earned more than \$3,500 you will have to pay.

3. Do I need to register for HST/GST? Those earning more than \$30,000 must register for a GST/HST number. But it is a good idea anyway because you can



► The number of self-employed women has increased by 50 per cent over the past 15 years.

claim input tax credits for the GST/HST you pay.

4. What happens if I declare a loss? Losses can be carried forward to future years to reduce the tax load when

Recession effect

► During the 2008-2009 recession the number of self-employed in Canada jumped by 100,000 while the number of paid employees sank by 480,000.

your income is higher.

5. Do I need receipts? Oh you betcha! Keep everything related to your expenses in separate files for each category.

Don't forget that the expenses must be incurred in order to earn an income. If you are using your car for business, maintain a mileage log.

This can be a bit of a pain but after one base year of log keeping you can move to the new simplified method, which uses the base year percentages.

TRAVEL FOR TREATS

Dear Claire and Andrea, I travel a lot for work and have met great guys in some of the cities I've been to. Lately I've been dating two guys — each in a different city — but I can't seem to find anyone in my own town. What am I doing wrong? Am I destined to have to travel for my treats?

Claire: Dear Travel for Treats,

One of the great side effects of travel is the ability

to shed the minutiae of our lives. There are no plumbers to call, no dry cleaning to pick up, no cat litter to scoop. We become a less stressed version of ourselves, less likely to walk down the street ignoring the world, in a cloud of to-do lists.

Result? We're more open to the people we encounter.

And once we do meet someone interesting, the

mental checklist we usually subject a potential fling/mate/partner to is that much shorter.

At home, we're either too distracted to notice those who notice us, or once we meet them, we question whether they should be added into our world, and if so, in what capacity.

Spontaneity is exchanged for mind games, openness for caution. It's

TWO SISTERS



ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

enough to make Up in the Air look like a fairytale.

Andrea: Dear Travel for Treats,

I envy your position be-

cause you don't have to deal with those really boring days, the fat days, the PMS days ... You only get the good stuff because time is short, and your partners try to make it count.

The downside is that it's probably warped your relationship standards, which makes it really hard for potential lovers in your hometown to please you after a while.

Being in a long term relationship myself, I can say that you're missing out on some seriously hot stuff: sweet wake-up calls ca-

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Road to the Cup a little steeper for Salo

► 'It's like climbing Mount Everest,' Canuck says of Achilles injury rehab

There's been a lot of painful bumps and twists on the road Sami Salo has travelled.

When the season started, the Vancouver Canuck defenceman wasn't sure if he would ever play hockey again after rupturing his Achilles tendon last summer. Now Salo finds himself just one win away from playing in the Stanley Cup final for the first time in his 12-year NHL career.

"It's been a long journey, not just in a career way," Salo said yesterday after the Canucks practised at Rogers Arena. "I'm just excited to be part of this great group. "All the blood and sweat you poured during the season has really paid off. It is a really good feeling."

The Canucks take a 3-1 series lead over the San Jose Sharks into Game 5 of the Western Conference final tonight (CBC, 10 p.m.). A win sends Vancouver to the Cup final for the first time in 17 years.

Salo's booming slapshot was a big part of the Canucks' 4-2 win over the Sharks on Sunday. He scored twice on the power play and added an assist. Vancouver scored three power-play goals in a 1:55 span in the second period, all on five-on-three situations.

They have pushed the Sharks to the brink, but Sa-

Painful past

Injuries have cost Sami Salo over 250 games during his career, but the most devastating came last summer when playing floor ball in his native Finland.

- Friends told Salo it sounded like a shotgun blast when his Achilles ruptured. All he knew is he was face-first on the floor.
- "It didn't hurt at all," he said. "It was just a weird feeling."
- It was a long, slow recovery for the 36-year-old. He missed training camp and the first 52 games of the season.

lo knows the final shove may be the hardest.

"You have to have the killer instinct to try and finish those guys off," he said.

"We have seen that if you're not going out there to win, if you are just sitting back, usually things are not going your way."

Logan Couture said the Sharks are focused on forcing a Game 6 Thursday.

"We're obviously not where we want to be. We'd rather be up 3-1," Couture said yesterday in San Jose. "The reality of the situation now is we're down. We're excited to go to Vancouver and try and win a game."

THE CANADIAN PRESS



► Vancouver's Sami Salo celebrates his second goal against San Jose in Game 4.

Marchand's goal has Bruins closer to finals

Tim Thomas stopped 33 shots after allowing another early goal, and Hammonds Plains native Brad Marchand scored the winning goal to lead Boston to a 3-1 victory over the Tampa Bay Lightning last night and put the Bruins one win

away from the Stanley Cup finals.

The victory gave Boston a 3-2 lead in the best-of-seven Eastern Conference finals, with a chance to clinch tomorrow night in Tampa Bay (CBC, 9 p.m.). The Lightning need to win

Game 6 to force a seventh game in Boston on Friday.

Nathan Horton scored to tie it in the second period, 17 seconds after returning from the penalty box. Marchand scored with 4:04 left in the period to give Boston a 2-1 lead. THE ASSOCIATED PRESS

Sports in brief

Noah hit with fine for slur

NBA. Chicago Bulls centre Joakim Noah was fined \$50,000 US yesterday for directing an anti-gay slur at a fan during Game 3 of the Eastern Conference finals Sunday. Noah apologized

and vowed to learn from the incident.

THE ASSOCIATED PRESS

Thornton a go for Game 5

NHL. San Jose coach Todd McLellan says captain Joe Thornton will play Game 5 of the Western Conference final for the Sharks despite leaving the previous game with an injury.

THE ASSOCIATED PRESS

4

sports

Quoted



"It is the Eastern Conference finals and it's coming down to will and determination. I want people to know I want it."

MIAMI POWER FORWARD CHRIS BOSH, WHO HAD 30 POINTS IN GAME 1 AND 34 IN SUNDAY NIGHT'S GAME 3 WIN THAT GAVE THE HEAT A 2-1 LEAD OVER THE CHICAGO BULLS IN THE NBA EASTERN CONFERENCE FINALS. ONLY TWO PLAYERS HAD A PAIR OF 30-PLUS NIGHTS AGAINST THE BULLS IN THE REGULAR SEASON, THOSE BEING DWYANE WADE AND PORTLAND'S LAMARCUS ALDRIDGE.



Scan code for more sports.

► Record times, record participation highlight eighth annual Scotiabank Blue Nose Marathon ► Greg Wieczorek makes history, shattering a seven-year-old, 42.2-kilometre course record ► Event plays host to 10,396 runners, an all-time high



► Myles, the mascot for the Scotiabank Blue Nose Marathon, cheers on runners in the 10k race on Sunday.

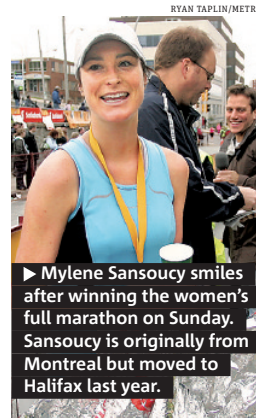
Wieczorek keeps title, sets record

Greg Wieczorek, a native of Dorchester, Ont., who now lives in Halifax, blew away the Scotiabank Blue Nose Marathon record time on Sunday.

Wieczorek's time of 2:28:52.6 broke David MacLennan's seven-year-old record of 2:35:32 and was a full half-hour better than the 2:59:13.4 of second-place finisher Scott Clarke of Summerside, P.E.I.

Halifax resident Mylene Sansoucy was the women's winner — and fifth overall — with a time of 3:00:56.

● METRO



► Mylene Sansoucy smiles after winning the women's full marathon on Sunday. Sansoucy is originally from Montreal but moved to Halifax last year.



► Halifax's Greg Wieczorek crosses the finish line in first place at the Scotiabank Blue Nose Marathon on Sunday.

A run to remember



► Maryse Allain from Dartmouth and Mays Markabi from Bedford embrace after finishing the half-marathon on Sunday.

Record day

- The Blue Nose had a record turnout of 10,396, shattering the previous best of 9,428.
- Oliver Hatheway of Hebbville won the half-marathon in 1:13:03.3. Brooke Brown of Halifax took the women's crown in 1:24:09.4.

- In the 10-kilometre race, it was Bear River's Jonathan Menzies winning in 36:31.4. Dartmouth's Emily Hamilton was the top female in 40:08.3.
- Mouhcine Aitounnejjar of Halifax captured the five-kilometre crown in 16:11.2 and Emma Edmonds, also of Halifax, was the top female in 19:30.0.



► Saint John Sea Dogs Tomas Jurco, left, celebrates his third period, game tying goal with teammate Gabriel Bourret in Mississauga last night.

Sea Dogs come back to beat Attack

► Overcome 2-0 deficit and pro-Owen Sound crowd for second win

Jonathan Huberdeau scored 17:45 into overtime as the Saint John Sea Dogs defeated the Owen Sound Attack 3-2 at the MasterCard Memorial Cup last night.

Huberdeau was left all alone in the slot, and he fired a wrist shot into the top corner of the Attack net past goaltender Jordan Binnington.

Tomas Jurco tied the game with 3:27 left in the third, as the Sea Dogs overcame a 2-0 first period deficit to set up the comeback win.

Stanislav Galiev had Saint John's first goal, and goaltender Jacob DeSerres made 47 saves to earn the win.

Matt Petgrave and An-

drew Shaw replied for Owen Sound. Binnington made 41 saves in a losing cause in net in front of a capacity crowd at the Hershey Centre in Mississauga, Ont.

The Sea Dogs opened the tournament Friday with a 4-3 win over the host Mississauga St. Michael's Majors.

Petgrave opened the scoring for Owen Sound at 6:36. He picked up a clearing attempt at the left point and fired a weak shot toward the net that was tipped past DeSerres by Sea Dogs defenceman Gabriel Bourret.

Mike Hamlo's point shot was deflected past DeSerres by Shaw to give Owen Sound a 2-0 lead at the end of the first. **THE CANADIAN PRESS**

Sea Dog signs

with Canucks

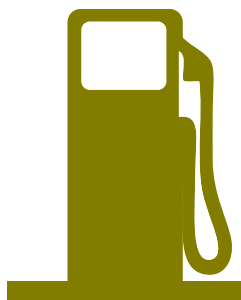


Halifax's Steven Anthony, a forward with the Saint John Sea Dogs, signed a three-year entry-level con-

tract with the Vancouver Canucks prior to yesterday's game.

► The 19-year-old, a former major midget star with the Dartmouth Subways, was a seventh-round choice (187th overall) of the Canucks in the 2009 NHL draft. He had 23 goals and 37 assists for 60 points in 61 games this past season.

► Anthony was selected 10th overall by the Sea Dogs in the 2007 QMJHL draft.



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Sports in brief

Moose Dry players headed to world tourney in B.C.

BASEBALL. Three members of Dartmouth Moosehead Dry will compete at the International Baseball Federation's World Baseball Challenge in Prince George, B.C., from July 7-18. Joel Irvine, Darren Doucette and Chris Head, perennial Nova Scotia Senior Baseball League all-stars,

will suit up for Team Canada. **● METRO**

Tucker gets win to begin Pro Stock season

AUTO RACING. Defending champion Shawn Tucker of Fredericton, N.B., opened a new Maritime Pro Stock Tour season with a victory on Sunday. Tucker won the Carquest 100 at Scotia Speedworld near Halifax, edging out Halifax's John Flemming and Timberlea's Wayne Smith. The tour resumes on June 4 in River Glade, N.B. **● METRO**

Jays blast past Yanks

J.P. Arencibia hit a three-run double in a five-run sixth inning and Jose Bautista homered to back spot starter Carlos Villanueva and lift the Toronto Blue Jays to a 7-3 victory over the New York Yankees last night.

Starting in place of injured Jesse Litsch, Villanueva (2-0) allowed the Yankees two hits and a run in five innings.

Bautista crushed a Bartolo Colon (2-3) pitch in his first at-bat, for his 19th homer of the season. **THE ASSOCIATED PRESS**

Blue Nose paddlers chip in medals at world event

Nova Scotians helped Canada collect nine medals at a World Cup sprint canoe-kayak regatta in Racice, Czech Republic, over the weekend.

Halifax's Richard Dalton won silver in the men's C-1 200 metres on Sunday, recording a time of 41.196 seconds — slightly more than a half a second behind gold-medallist Ivan Shtyle of Russia.

Dartmouth's Andrew Russell and his partner, Gabriel Beauchesne-Sevigny of Trois-Rivières, Que., added a silver medal in the men's C-2 1,000 with a time of 3:40.145, less than half a second behind the gold-medal winning tandem from Russia.

"Overall we had some very good results," said Barney Wainwright, Canada's high-performance director.

"This World Cup was a very good marker and shows the progress we are making. There is still a lot of work to do but we are on a nice progressive path towards the world championships in August."

Dalton's performance clinched his spot with Team Canada at August's world championships. Halifax's Mark de Jonge, a kayaker, also made the team.

● METRO/THE CANADIAN PRESS



► Andrew Russell and Gabriel Beauchesne-Sevigny.

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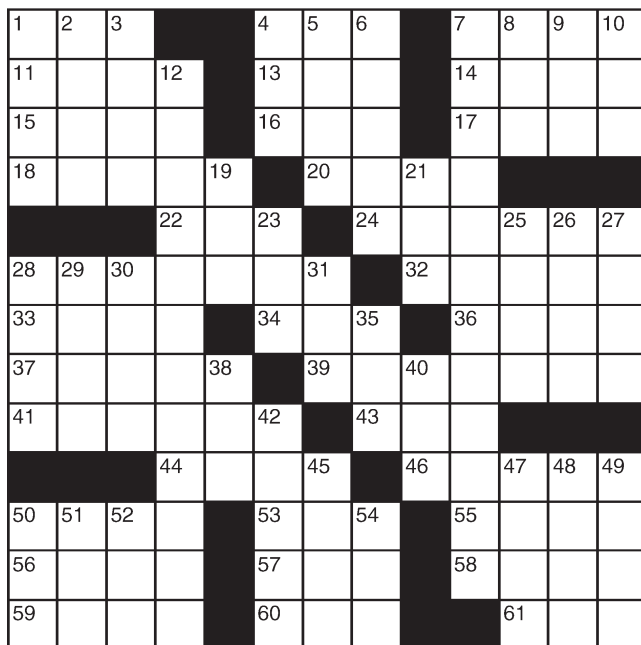
Crossword

Across

1 Aries animal
4 Mariner's venue
7 Dutch cheese
11 Notion
13 Peculiar
14 Loosen
15 Witty poet Ogden
16 Zero
17 React in horror
18 Southern speech
20 Neap, for one
22 Charged particle
24 Looseleaf notebook
28 Green-eyed
32 Paris river
33 Eager, and then some
34 Spigot
36 Contemporary of Virgil
37 Whom Jason jilted
39 Transport to Oz
41 Tangles
43 Trouble
44 Mr. Gingrich
46 Broomstick passenger
50 Apple's center
53 Noah's boat
55 Traditional tales
56 Renders speechless
57 Regret
58 Ogler's look
59 Charlotte's creations
60 "Family Guy" daughter
61 Newcomer to society

Down

1 Peel
2 Hebrew month



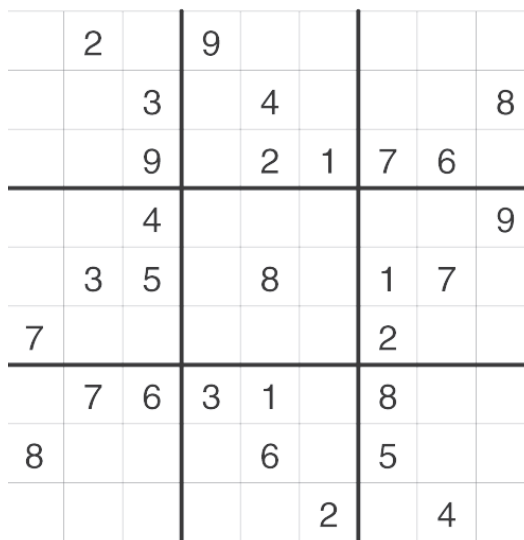
3 Small plateau
4 Bart, to Homer
5 Tend texts
6 Wing it
7 12-Down playwright
8 "CSI" evidence
9 Billboards
10 Swab the deck
12 Comedy that debuted on Broadway in 1933
19 Privy
21 Affront (SL)
23 Kook
25 Prima donna
26 Oklahoma city
27 Start over
28 Gets stuck
29 Divisible by two
30 Verdi opera
31 Perched
35 "Wham!"
38 Hearty brew
40 Tier
42 Honey bunch?
45 Verifiable
47 — the line (be-haved)
48 Saskatchewan tribe
49 KFC additive
50 Crow's cry
51 Have debts

52 CSA soldier
54 Small barrel

► Friday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ►

9	8	7	2	5	1	4	3	6
6	1	3	4	7	9	8	5	2
5	4	2	3	6	8	9	7	1
8	5	4	7	9	6	2	1	3
2	7	1	8	4	3	5	6	9
3	6	9	1	2	5	7	8	4
1	2	6	5	8	4	3	9	7
4	3	5	9	1	7	6	2	8
7	9	8	6	3	2	1	4	5

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big lil sis, I love you! I will miss you so much! Have a great time :) LIL BIG SIS

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ChuckyCC

I could not help myself babe I called your "wife". she knows what's happening now we can focus on US. I came back early, was not having any fun. miss you. ps don't be mad someone had to do the dirty work. she says she knew the truth anyway I am ready to make a move, are you? TIFFANY

Today's horoscope

♈ Aries March 21-April 20

Someone new will come into your life, someone who brings fun.

♉ Taurus April 21-May 21 You need to come down to earth a bit and deal with matters of a practical nature — especially money.

♊ Gemini May 22-June 21 Follow your instincts and don't be afraid to change direction. Your head and heart are in harmony.

♋ Cancer June 22-July 22 If you want to make sense of recent events, you will have to stand back and put them in a wider context.

♌ Leo July 23-Aug. 23

If you want to accomplish more than you have, you must work as part of a team.

♍ Virgo Aug. 24-Sept. 22 An idea you had recently is growing in your mind and you know that it could transform your life.

♎ Libra Sept. 23-Oct. 23 Start looking forward to all the good things that will very soon be coming your way.

♏ Scorpio Oct. 24-Nov. 22 The more you try to give up a habit, the more you end up enslaved to it. Accept it as part of your nature.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21

Flattery may work to an extent but you also need to show people what's in it for them.

♑ Capricorn Dec. 22-Jan. 20 Don't let sentiment play a part in your judgment: Results are far more important than your feelings.

♒ Aquarius Jan. 21-Feb. 18

Lingering feuds must be swept away. There's no time for them.

♓ Pisces Feb. 19-March 20 Make sure loved ones still have a prominent role in your future plans. SALLY BROMPTON

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CITY: 10.6L/100KM (27 MPG)

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INSURANCE INSTITUTE FOR HIGHWAY SAFETY



Soul 4u shown

2011 KIA SOUL

OWN IT FROM **\$100*** AT **1.49%** LOAN APR

bi-weekly for 60 months amortized over 84 months. \$5,106 remaining balance. Includes delivery and destination, and PP&SA.

\$0 DOWN PAYMENT PLUS **PAY FOR 90 DAYS***

HWY: 6.3L/100KM (45 MPG)
CITY: 7.7L/100KM (37 MPG)



WE'VE GOT YOU COVERED

- *5-year/100,000 km worry-free comprehensive warranty
- *5-year/100,000 km powertrain warranty
- *5-year/100,000 km extra care roadside assistance
- *no deductible charge

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Making informed decisions - that's how we can all **drive change.**

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KIA MEMBER REWARDS
Earn points towards future discounts. It's **FREE** and it's incredibly rewarding.



Offer(s) available on all new 2011 models through participating dealers to qualified customers who take delivery by May 31, 2011. Dealers may sell for less. Some conditions apply. Offers are subject to change without notice. See dealer for complete details. Vehicle images shown may include optional accessories and upgrades. **0% purchase financing is available on all 2011 Kia models on approved credit (OAC). Terms vary by model and trim. See dealer for details. Representative financing example based on 2011 Kia Forte with a selling price of \$16,695, financed at 0% APR for 48 months. Monthly payments equal \$347.81 with a down payment/equivalent trade of \$0. Cost of borrowing is \$0, for a total obligation of \$16,695. Delivery and destination fees (\$1,455), other taxes, registration, insurance, licensing, PP&SA (\$79) and dealer fees are excluded. Retailer may sell for less. See dealer for full details. *Don't Pay for 90 Days* on select models (90-day payment deferral) applies to purchase financing offers on 2011 Forte, 2011 Forte Koup, 2011 Rio, 2011 Rondo, 2011 Soul and 2011 Optima models on approved credit (OAC). No interest will accrue during the first 60 days of the finance contract. After this period interest starts to accrue and the purchase will repay the principal interest over the term of the contract. *8-weekly finance payment for 2011 Soul (S5558R) Rondo (R5758R) Sportage (S5558R) Sorento (S5408R) based on an MSRP of \$15,995/\$15,995/\$21,995/\$21,995 is \$100/\$120/\$140/\$144 with an APR of 1.49%/1.49%/2.9%/2.9% for 60 months, amortized over an 84-month period. Estimated remaining principal balance of \$5,306/\$6,343/\$7,046/\$7,328 plus applicable taxes due at end of 60-month period. Offer includes a loan credit of \$500/\$1,000/\$500/\$1,250, delivery and destination fees of \$1,455/\$1,455/\$1,455/\$1,455 and PP&SA (\$79). All offers exclude licensing, registration, insurance, other taxes and dealer administration fees. Other dealer charges may be required at the time of purchase. Other lease and finance options also available. Dealers are free to set individual prices. Prices subject to change without notice. Certain restrictions may apply. *Highway/city fuel consumption for 2011 Rondo (R5758R) is 7.5L (38 MPG)/10.6L (27 MPG); Sportage (S5558R) is 6.9L (41 MPG)/10.0L (28 MPG); Sorento (S5408R) is 7.4L (38 MPG)/10.6L (27 MPG); Soul (S5558R) is 6.3L (45 MPG)/7.7L (37 MPG). The actual fuel consumption of these vehicles may vary. These estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the Government of Canada publication EnergyGuide Fuel Consumption Guide. *Loyalty Bonus offer available on 2011 Kia Sedona/Rondo models at a value of \$1,000/\$750 for any current Kia owners towards the purchase or lease of a new 2011 Kia Sedona/Rondo. Offer applicable to cash purchase, lease and purchase financing only before May 31, 2011. Offer is transferable within same household only (must provide proof of address). Limit of one bonus per customer or household. Certain restrictions apply. See dealer for details. *Competitive Bonus offer available on the purchase or lease of new 2011 Sedona/Rondo models at a value of \$750/\$500 (deducted before tax) for owners of select competitive vehicles with proof of ownership. See dealer or Kia.ca for eligibility of competitive vehicles and full program details. Certain restrictions apply. Offer is transferable within same household (must provide proof of address). Limit of one bonus per customer or household. Offer ends May 31, 2011. *2011 Kia Sportage/2011 Kia Sorento/2011 Kia Soul awarded the Top Safety Pick by the Insurance Institute for Highway Safety. The award is applicable to all 2011 Sorento/2011 Sportage models manufactured after March 2010. Visit www.iihs.org for full details. *The "Bluetooth" word mark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Some conditions apply to the \$500 Grad Rebate Program and \$750 Kia Mobility Program. See dealer for details. Information in this advertisement is believed to be accurate at the time of print. For more information on our 5-year warranty coverage, visit Kia.ca or call us at 1-877-542-2886. Offers end May 31, 2011. KIA is a trademark of Kia Motors Corporation. © 2011 Kia Canada Inc. Reproduction of the contents of this material without the expressed written approval of Kia Canada Inc. is prohibited. All information is believed to be accurate, based on information available at the time of printing. Information sourced from independent third-party research.



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